

Fitness *focus*

BODY MECHANICS PERSONAL TRAINING STUDIO - HELPING ACHIEVE BETTER LIVES AND LIVING WELL.

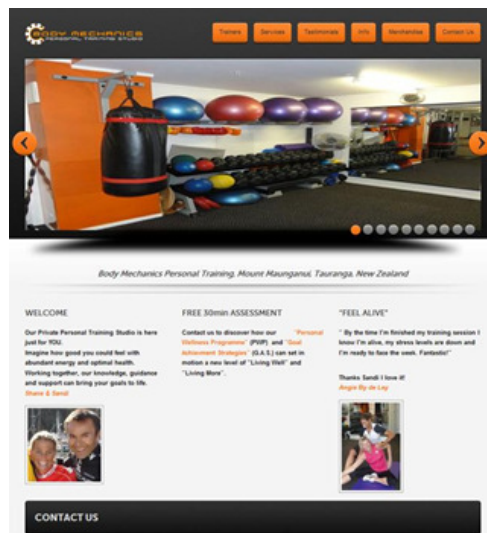
Check out the new “Personal Wellness Programme” which encompasses strategies and choices about nutrition, exercise, stress management, lifestyle and health maintenance. See our Website for details <http://bodymechanics.co/services/personal-training/>

WEBSITE: www.bodymechanics.co

Note the absence of “.co.nz”

WIN:

Log onto our NEW website www.bodymechanics.co and be in with a chance to win a Supplement Pack with all your exercise and recovery nutritional requirements. Just send us an email via the Contact Us page telling us how long Shane has been in the Fitness Industry and your in the draw (Club Members Only). Entries close Friday 29th July 2011.



Functional Integrated Training

Body Mechanics practice Functional Integrated Training techniques which form the foundation for developing good posture, functional daily movement, co-ordination, prevention of injury, joint stability and improved sports performance. Ask Shane & Sandi how F.I.T. can help you enhance your training goals and “quality of life”.

Hot Training Tip

Essential Fatty Acids (EFA)'s, Omega-3, 6 & 9 are essential for the normal functioning of the body. Dietary fat is also essential for the body to absorb vitamin A, D, E & K. Good sources of EFA's can be found in Flax Seed Oil, Cod Liver Oil, Linseed Oil, Oily Fish (Salmon, Mackerel and Sardines), Grape Seed Oil and Evening Primrose Oil. It can assist with weight maintenance, metabolism and immune system health. Try Waihi Bush Flaxseed Oil in stock now.

Personal Wellness Profile

▶ PERSONAL WELLNESS PROFILE..... 1



▶ WEBSITE..... 1



▶ 5 CORE EXERCISES TO DO AT HOME?..... 2

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RECIPE Prawns in Singapore Chilli Sauce

Singapore Chilli Sauce:

- 2tbsp minced ginger
- 1tsp crushed garlic
- 1tsp minced chilli
- 2tbsp tomato ketchup
- 1/4 cup thai sweet chilli sauce
- 1tbsp brown sugar
- 2tbsp soy sauce
- 1tbsp fish sauce

Also:

Flavourless oil (e.g. grape seed oil)

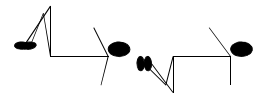
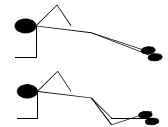
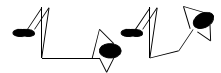
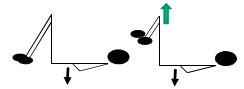
500g fresh uncooked prawn cutlets or tails (or fresh fish)

Make sauce by heating oil and gently frying ginger, garlic & chilli for couple of minutes. Mix in remaining sauce ingredients and simmer for 5 mins.

Heat oil in fry pan, add prawns & fry quickly on both sides, then pour over sauce. Simmer for couple of minutes until prawns are cooked through.

5 Core Exercises to do at Home

- 1) **Pelvic Tilt** - Place towel under lower back, then push lower back into towel to activate a posterior Pelvic Tilt, and abdominals. Hold 5 secs while breathing out. To make harder take feet off floor.
- 2) **Bicycle Crunch** - Perform a pelvic tilt as above then while crunching up twist opposite elbow to opposite knee.
- 3) **Supine Bridge** - Lying on your back. Deep breath in, draw belly button in towards spine, raise hips and hold 5secs (squeezing butt muscles), while slowly breathing out.
- 4) **Side Brace** - Lying on side with forearm at 90° to shoulder, activate your inner core then lift hips upwards. Keeping body in straight alignment. To make this easier perform on your knees.
- 5) **Knees Side to Side** - Lying on your back with knees bent, and arms out wide. Slowly rotate legs from side to side. To make this harder take legs to 90° with feet off the floor.



Refer a Friend

Have you got a family member or friend who's always wondered what you get up to with your Trainer. Now's the chance to give them a taste of what being trained is all about. Cut out the Voucher below and set your friend or family on a path of Health and Wellbeing.



Referral Voucher

Introduce a friend
and receive a
Free Session for you
or your referral
if they join up for
training with Body
Mechanics.

Referrals Name: _____

Phone No.: _____

Clients Name: _____



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